

GRAPEVINE

VISITACION VALLEY

Vol. III No. 7

SERVING OUR COMMUNITY

July 1988

Low self esteem contributes to young pregnancies

by Carol Farron

Imagine being 14 years old. At night you set your alarm clock to 5 a.m. and know it's only in vain, you'll be up long before then. You want a full night's sleep before school starts the next day, but you're not going to get it, just like last night and the night before. You doze off but the cries begin. Your baby tosses in the crib tucked into a corner of your bedroom. You rise from your bed to attend to your child, and there's no dad around to help out.

It's just you and the baby. If you're lucky, your sister, brother or mom may offer a hand during the day, but they've got their own lives to lead most of the time.

It's a hard life being a teen-aged mom.

Nearly one fifth of all the newborn babies in Visitacion Valley have mothers between the ages of 10 and 19. And statistics indicate that most of these moms, even though they know where to look for birth control, feel such a low sense of esteem that they decide the only worth they can muster is by having a child.

see *Esteem*, page 10

Gatti family packs it up, Valley tradition ends

by Gerry Galvan

After 59 productive business years in Visitacion Valley, the Gatti Nursery bade its final adieu from the area on June 27. With the exception of minor nuts and bolts dismantling at its old Britton Street place, all aspects of the business have been done at its new Petaluma location, a spanking, six-acre, real estate piece.

The four acre Gatti real estate, only a stone's throw away from Geneva Towers on Sunnydale and Schwerin streets, has been sold by the Gatti family to a consortium of Hong Kong and Bay Area businessmen. The new owners will build from 40 to 50 single-family homes which are expected to be sold to middle class families.

Nursery general manager Richard Gatti, in an exclusive interview at his Britton Street office shortly before the firm's San Francisco phase out, said that he and his family, most particularly President Victor Gatti, his father, have been sorry to transfer the business from San Francisco.



For four generations, since 1929 when Salvador Gatti founded the Gatti nursery in Visitacion Valley, the business of growing and selling plants and flowers in the Visitacion Valley has been a tradition.

"This has been a family business which my grandfather, Salvador Gatti, founded in 1929," Richard told THE GRAPEVINE.

"You can just imagine how well-entrenched the roots we developed here have been," he continued. "But we came

to a point where it was no longer profitable to run the business here in this area. A nursery in the city has become very difficult to run. The place had become obsolete for plants and flowers."

see *Gattis*, page 12

Fireworks cache confiscated in time for safe Fourth



Thirty-one cases of fireworks were found on Peabody Street.

by Pat Christensen

Enough explosives to blow up a city block were being moved into a Peabody residence in mid-June. Thanks to an alert resident, the police were called and the 31 cases plus two bags of fireworks were confiscated.

Readers may remember the ghastly explosion and fire at the Hunters Point small manufacturing facility in 1987 when lives were lost and small businesses went up in a blaze of pyrotechnics. That disastrous explosion was exacerbated by fireworks which were being manufactured there.

San Francisco's Police

Department took this call of warning very seriously and sent out eight officers and the bomb squad to remove these extremely hazardous explosives from the Valley.

Fireworks are fun and very much a 4th of July tradition. Many cities around the Bay offer thrilling firework displays on the fourth, the largest and most elaborate is the San Francisco Chronicle's celebration at Crissy Field in the Presidio. This display can be seen and enjoyed from many San Francisco hills, so watch for the announcements and enjoy a safe, but exciting 4th of July with your family.

CENTERVOICE

By Julia Kavanagh

The VVCC Board of Directors elected new Officers for the 1988-89 fiscal year: Eugene Lee; President; Leonora Jordan, Vice President; Anne Kaartunen, Secretary and Kenneth Umbarger, Treasurer.

Mr. Lee is a Valley resident, married and the father of two children. He is employed by United Airlines, and has been very active in the support of the Center. He has been a member of the Facilities Committee of the Board, and has done much to improve the physical facilities of VVCC. His wife is also an active volunteer, and has assisted in the implementation of our computerized record keeping system.

Mrs. Jordan is a long time Valley resident, and has been active in social service issues for many years. She has been a member of the Personnel/Nominating Committee, and is beginning her second term as Vice President of the Board. She is Secretary of the Senior Council at VVCC and helps with our Sunday Bingo.

Anne Kaartunen is married and the mother of two boys. She has been extremely active, both at VVCC and with Visitacion Valley Elementary and Middle Schools and Campfire. She has been a prime organizer for the San Francisco Alive activities in the Valley, and for the mural projects at the Elementary,

Middle School, the Library, as well as upcoming murals at VVCC and the Family School bungalows. Anne headed our Long Term Planning Committee last year bringing our 5 year plan to fruition.

Ken Umbarger is a long time Board member and VVCC volunteer. His wife, Delores, is also well known as having coordinated the Salvation Army Meal Site Program, and her work with the quilting group. Both Ken and Delores help with our popular Bingo games.

May was the month of our Annual membership meeting. The Board membership class of 1991 was elected by the members of the Center.

Kwok Chan is a new member. He is the parent of Alvin and William; who attend our Childcare Program. Mr. Chan is a Valley resident employed as a semiconductor technician. He active in the Parent's Council of the Childcare Program.

Barry Ward is new to the Board, but has been very helpful to the Parent's Council and the Childcare Program. His son, Barry Jr., and his daughter, Jamilla are both at our Center. Barry Sr. recently helped by painting both the lower floor of 50 Raymond and the first two rooms of the bungalows.

Reelected to another term on our Board is Ellen Baldwin. She has been active as chair of the Salvation Army Project council, the Personnel/Nominating

Committee of the VVCC Board and in Amaranth, and international fraternal group.

Also reelected is Meg Goudie. Meg was the Secretary of the Board and member of the Bylaws Committee last year. she helps with Bingo, the Food Distribution Program and many other vital tasks around VVCC.

Gary O'Rourke was reelected to another term. He is active in local politics, and is raising his children here in the Valley. Mrs. O'Rourke is a teacher who works in the Valley. Gary is employed by Chevron USA.

Leamon Abrams was appointed to fill and unexpired term on the Board of Directors. He grew up in the Valley, and holds a Masters Degree in City &

Regional Planning from Harvard University. He is employed at Deloitte, Haskins & Sells as a Senior Consultant in the State and Local Government group. We are all proud of our very active Board of Directors, and wish them a successful and productive year ahead.

OTHER GOOD NEWS: The VVCC Family School is now located at the bungalows at 325 Leland Avenue. Special thanks are due Laeh Weidenhofer, Children's Programs Director; Rachel Eason, Lead Teacher; Denise Williams, Teacher; Randy Tanksley, Teaching Assistant for their perseverance and hard work in making ready for the transition.

Mrs. Weidenhofer also deserves our thanks and recognition for months and months of negotiations with the School District, Licensing, Contractors and many others needed to bring this very complicated project to fruition.

Many others need thanking, including the Sheriff's SWAT Team, Anne Kaartunen, Eugene Lee, Barry Ward, P.G. & E., The San Francisco Unified School District, the Mayors Office of Community Development, the VVCC Parent's Council, the Phone Company and many, many neighbors and friends.

For those of you who would like to see the new Family School site, we will have open house on Friday, July 8, 1988 from 1:00 p.m. to 5:00 p.m.

Tickets are now available for the VVCC Day at the Races at Bay Meadows on Saturday, September 17, 1988. The cost is \$25.00, and includes a champagne train ride, all-you-can-eat Clubhouse Buffet Luncheon and reserved seats in the Clubhouse. The train leaves Bayshore Station at 10:10 a.m. and return to Bayshore station at 4:43 p.m. Tickets are limited - first come - first served. For info call 467-6400.

We'll be having Belly Dancing classes starting August 2, 1988. Taught by Wendy Meluch, of the Raks Al Jazirah group, the classes will be every Tuesday from 6:00 to 7:00 p.m. Belly Dancing is a fun way to fulfill your exercise needs while participating in a lovely international art form. It may interest you to know that men can belly dance too!

NOTICE: The July 1 picnic has been postponed until later this summer due to time and scheduling constraints of Picnic Committee members. More on this later.

Tuesday Social Club closes its doors

President Jean Navas regrets to announce that the Tuesday Social Club which has met for 18 years in Visitacion Valley will have its final meeting on August 16, 1988 at the Valley Baptist Church, 305 Raymond Avenue.

The Club has been in existence since September 15, 1970. It was formerly the St. Andrews Senior Center, a very active center run by the Council of Churches and the Community College. The director was Liz Nelson and her staff of volunteer workers.

Many of the members have stayed together throughout the years. They have enjoyed each other's friendship and had many wonderful times.

Due to the decline in membership, the members voted to close down.

Local son makes parents mighty proud

Rev. and Mrs. Toaale Multauaoapele, tenants of Geneva Towers, are proud to announce that their son Toaale Multauaoapele Jr. has just graduated from the U. S. Naval Academy, Annapolis, Maryland as an Ensign. Ensign Multauaoapele graduated from Lowell High School in San Francisco in 1984 with a 3.97 average.

He kept up the good work to graduate from the Academy with a 3.71 average and 312th out of a class of 1041.

He's now home on a 30-day leave before entering flight school in Pensacola, Florida where he'll have a chance to reach his second goal in life. That being a pilot in his favorite aircraft, The Grumman F-14.

Ensign Multauaoapele says that he doesn't believe that he is now an Officer in The U.S. Navy, "It seems like yesterday that I was interviewed by Senator Cranston." Then there were those days as a "Pleeb" (lower classman) when he

see Grad, page 4

GRAPEVINE

VISITACION VALLEY

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Republican Party strives for city visibility

by Matthew Brady

Republicans in this old seaport have been battling among themselves like barons in old England, axing each other over disputed pieces of the city's political turf.

But now, worn out and realizing that they can't afford to let any more of their power ebb into the Bay, members of the Grand Old Party have rallied under the standard of James Gilleran to form the Citizens for a Better San Francisco (CBSF). Its ranks are populated by a coalition of Republican volunteer clubs and the business community.

One of its first acts was to enter attorney Harriet Ross into the supervisorial list to joust with the six incumbent board members, who don't want to hand over their togas to the GOPers or to any of the candidates riding a donkey around streets of San Francisco. As the Irish would say, a grand donnybrook fair is about to take place.

Attorney Harriet Ross is a puckish lady to enter the supervisorial fray at a time when the City is awash with so many problems and the board is engaged in much frivolous legislation so they can get their mugs on the evening telly news. Next, wine and beer trucks will be halted at our borders, the idea being that the way to have the tax coffers bulging with greenbacks is to keep the yokels out of the saloons.

Candidate Ross is qualified to handle the chores of supervisor after 20 years as a trial lawyer in the San Francisco public defender's office as principal pleader defending rape and homicide cases. She has just been asked to assist in the defence of persons arrested for narcotics offenses.



Deputy Public Defender Harriet Ross, a Republican, is running for supervisor as an Independent. (Photo by Matthew Brady)

Harriet Ross is standing as a nonpartisan; she believes that a party label is not important.

Ross brought up fireman Joe Driscoll's stirring budget oratory under the mayor's balcony at City Hall about some potential tax money lying about that should be raked in. He was referring to some 70 million in lost money from the city's mother-in-law cottages whose owners are not paying taxes. They build basement apartments and small backyard houses and refurbish garrets - all kept from the excise man's eyes - to keep mother-in-law comfy without going into hock to keep a roof over her noggin.

The Republican Party was born in this old city to protect the 1856 Vigilante Committee

from the wrath of the Democratic Party.

About 80 years ago there was a major change in voting in San Francisco when locals perceived City Hall not straight as an arrow but as a dog's hind leg. They began to realize that their dough was trickling into the pinstripes of political bosses instead of keeping the piers from falling into the Bay. People were thinking out loud, if we see them in the saloon why not hand our paychecks over to them, it would be simpler.

Realizing that the graft had to stop, San Franciscans did not start checking out books on guillotines from the public library, they went out and voted. They were convinced that partisan politics produced a government

administrated by bummers, so they voted for nonpartisan municipal elections and extended the mayor's term of office from two to four years. The voice of the people could be heard: "There is no partisan way to fill potholes!"

The federales were so impressed by the citizens quest for a city with an honest government that they awarded the 1915 International Exposition to San Francisco instead of New Orleans.

In the GRAPEVINE precinct in the last election 203 Democrats and 10 Republicans went to the ballot box out of 521 registered voters.

When you vote you insure your right to be free from an oppressive and vindictive political force.

Don't be stuck with a sticky wicket - learn croquet

The San Francisco Croquet Club, under the auspices of the San Francisco Recreation and Park Department is offering ten summer clinics to provide instruction, coaching and all equipment to American 6 - Wicket Croquet at Sigmund Stern Grove, 19th Avenue and Sloat Boulevard. Fee for each session is \$10.00.

All clinics are held on Saturdays, 11 a.m. - 2 p.m. Dates are July 2, July 9, July 30, August 13, August 27, September 10, September 17 and October 1. Reservations are required.

For further information or to reserve your space, call 543-8452.

Open letter to parents and children:

This summer, please join me and the San Francisco Unified School District in encouraging your child to use the public library and to read for enjoyment. To help your children enjoy reading and become better readers, here are some suggestions: Go over the books with your children and help them find books that they might like to read. Ask the children's librarian at the public library to recommend some books. Take your children to the public library regularly. Read aloud to your children. Have them read aloud to you. Discuss with your children the books that they read. Let your children see you enjoying a book. We hope that you and your children will find summer reading to be an enjoyable, enriching experience.

Sincerely,

Ramon Cortines
Superintendent of Schools

FORMER S&W FINE FOODS HEADQUARTERS OFFERED FOR COMMUNITY SERVICES

The available space located at 333 Schwerin Street is 16,000 square feet on the second floor of a two-story concrete building. These offices are the past executive offices of S&W Fine Foods, including 6,000 square feet of deluxe office space.

The balance is divided between open-sectioned and private offices around the outside. It is handicap-accessible with an elevator, a 10'x12' walk-in safe document vault. The building is completely air-conditioned, and has ample protected parking for the exclusive use of the building.

The parking lot is well-lamped. Many of the offices have bay views.

The Pacific American Group is prepared to modify the floor plan to meet the needs of a prospective tenant, and the price, depending on the tenant improvements, is \$0.60 square foot.

This space would be ideal for social service agencies, medical offices and clinic, adult education for starters.

Interested parties should call (415) 421-8222.



Photo by Pat Christensen



Little
HOLLYWOOD
Reports

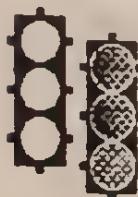
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JUNE 1988

Little Hollywood Improvement Assn. 336 Lathrop Ave. S.F. Ca. 94134

Captain John Gleeson from the Potrero Station was also our guest and he was given a big welcome from everybody there. He replaces Capt. Frank Reed who is now in charge of all the district stations.

Our members let Capt. Gleeson know of our concerns with truck traffic on Hester Avenue and the neverending ballpark traffic.



CROSSWALK

The Candlestick Park Transportation Task Force has prepared a preliminary report to deal with these problems. Recommendations from this neighborhood association have been included in the report and will be discussed at their meeting.

The Captain will attend our next meeting so if you haven't met him come on down and let him know what we need in our community.

The Recreation and Park Department is allowing another rock concert at

Candlestick Park on July 16th and 17th.

For those of you who remember the last time they did this with Rolling Stones, this one promises to be even worse.

Heavy Metal and Punk type rock music will be the main attraction this time and, of course, we all know

what kind of trashing our neighborhood will take.

This is a serious problem for this community, so let us know how you feel about this.

Supervisor Willie Kennedy attended the June meeting and listened to some of the things that we need done here.

One thing in particular that she said that she would act on was removing the weeds and paving over the City-owned lot at Blanken and Bayshore.

A young girl was raped this month by a man who was hiding in those weeds. We have also had reports of pursesnatchings and muggings by people hiding in the weeds.

Unfortunately, nothing has been done about the weeds at this writing.



POLICE BLOTER



Grad, from page 2

had to memorize the menus for the day, the name of the Officer of the Day and repeat it in 15 seconds whenever he was asked by an upper classmate. You ask him, why was that necessary? And he will answer, "Think of yourself flying a 30-million dollar aircraft and an emergency checklist which you don't

have time to read as you go down."

In two years time we hope to be congratulating Ensign Mulitauaoapele again for earning his wings.

New Emergency Medical Services Fund Approved

The Board of Supervisors recently passed legislation authored by Supervisor Tom Hsieh creating an Emergency Medical Services Fund.

"This fund takes the first step towards recognizing the invaluable work our emergency physicians provide in private hospitals," said Hsieh.

Private hospitals have seen a dramatically increased number of medically indigent adults for whom they provide emergency treatment. These hospitals have been forced to absorb the enormous costs involved in treating these patients.

According to the Budget Analyst of the Board of Supervisors, this legislation will generate a quarter million dollars annually. One third of the money will go directly to the Emergency Medical Services Program in the Department of Public Health. The remaining two thirds will be distributed through physician claims in bi-annual disbursements.

This fund stems from a State Senate bill authored by Senator Ken Meddy which protects patient transfers and increases penalties for patient-dumping.

The fund will accrue through the imposition of a penalty assessment of \$1 on every \$10 or fraction thereof on all traffic moving violations. All of the money generated for the Fund will remain in San Francisco.

Neighborhood Notes

by Anne Kaartunen

Apparently, Visitacion Valley is jumping with activities; some good and some "Yukky."

The SF Alive clean-up day, although small in the number of participants, was successful in the work accomplished, thanks to the twenty-six youngsters who joined the new Jr. Alive Visitacion Valley Club. These kids did a great job painting out graffiti and sweeping sidewalks on Leland Ave and on Delta "Alley", a three hour job. Big thank yous go to SF Alive's Kevin Shelley, Catherine Porter, SF Recyclers Jane Olsen and crew, DPW, Carl's Jr., Valley Super, Valley Super Fair, Cuneo's Bakery and the Community Center and GRAPEVINE. Special applause to J. Kavanagh and P. Crocker, designer and producer of new Jr. Club badges. Also, to Tom Fields, owner of the San Remo Hotel for their donation to the Club and not to be left out, thank you Block Captains.

Do you know that one hour after graffiti was painted out,

that some one tagged the walls again!!!?? Really!!! Look around and you see "Scribble Valley." We Have identified 9 youngsters who are writing on public and private property and we have given this information to the Community Boards. This organization has offered to help intervene regarding our community problem. If the "Tagging" continues, these youths will be prosecuted, fined and turned over to the CYA (Calif Youth Authority). Thousands of dollars in damages will not be brushed aside or ignored. All of us must be alert and report such incidents to the police. Neighborhood Watchfulness benefits all of us.

Congratulations to Community Muralist, Jo Tucker for receiving a \$5,600.00 grant for Murals from the Morris Stulsaft Foundation (matching CAC funds). A new mural is underway at the Vs Vly Middle School, designed by Ms. Tucker and painted by Young Community Developer teenagers sponsored by PIC

(Private Industry Council), SFUSD, and community volunteers. For more information, call 239-1069 regarding your participation.

The start of the school year will be watched carefully, as the Middle School will have a new Principal. We hope a grass roots effort will be made to improve the school's atmosphere and student behavior and academic achievements. The past few years, this school has "bottomed-out", time to move upwards!

Ready or not, mark your calendars now September 5th, Labor Day event. A community Flea Market Fair on Raymond Ave, in front of the Community Center is planned. Vendors and neighbors will be invited to sell. Flyers and applications will be coming out soon.

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EXCELSIOR PROPERTIES
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San Francisco, California 94134



Century 21/Excelsior is proud to announce that our new offices at
• 40 Leland Ave. •
 are now open for business.

We are fully committed to provide the Visitacion Valley Community with a variety of realty services including:

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Notary Public

Property Management

Real Estate License Classes

Citywide or Nationwide

Relocation Assistance

Over Fifty Years Combined Experience

We're open 7 days a week, from 9 to 5

Please come in and talk to any of our Century 21 Excelsior team, or call

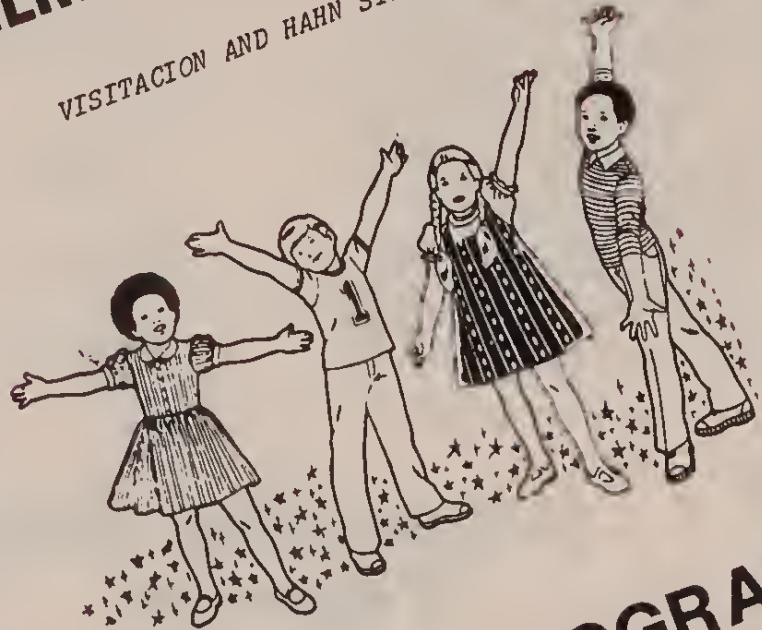
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SUMMER

SAN FRANCISCO RECREATION AND PARK DEPARTMENT

HERZ PLAYGROUND

VISITACION AND HAHN STREETS



SUMMER PROGRAM 1988

THURSDAYS

6/23
6/30
7/7
7/14
7/21
7/28
8/4
8/11
8/18
8/25

OUTINGS

GREAT AMERICA**
ZOO & SWIMMING
RAGING WATERS**
CANDLESTICK POINT STATE PARK
GIANTS BASEBALL GAME
GREAT AMERICA (NIGHT)**
SURPRISE DAY
LAKE ANZA**
BEACH AND ICE SKATING
SANTA CRUZ**

** BUS TRIPS (OUT OF TOWN)



Vacation time is...summer reading time



- WHAT:** Great Summer Reading Programs for the children of San Francisco.
SFUSD Four-Star Reading Program
San Francisco Public Library "Treasure Quest"
- WHO:** Children and parents of San Francisco
- WHERE:** Summer reading guides will be sent home with all SFUSD students and will be available in all branches of the San Francisco Public Library
- WHEN:** Summer 1988

Old friends like Frog and Toad and new friends Mufaro's Beautiful Daughters are waiting patiently for summer vacation. SFUSD students can meet these favorite book characters and many many others by participating in two summer reading programs.

Summer Reading Guides will be sent home with all students currently enrolled in the San Francisco Public Schools. Additional copies will be available in all branches of the public library. All students who read at least four books will receive recognition at their schools when they return to school in the fall. In addition, the San Francisco Public Library sponsors a summer reading program for all children of San Francisco. The theme for summer 1988 is "Treasure Quest." Children's librarians from the San Francisco Public Library will be scheduling visits to schools to promote summer reading.

For more information, call the library office at 565-9328



JOIN THE FUN

SUMMER PROGRAM

What's Doing in the Parks

MERIONETTES OFFER SWIMMING LESSONS

The San Francisco Merionettes Synchronized Swim Team will hold summer swim lessons at Sava Pool, 19th Avenue and Wawona Street; Balboa Pool, San Jose Avenue and Havelock Street; and King Pool, 3rd Street and Carroll Avenue. The classes are designed for young girls between the ages of 6 and 13 years. Days and times vary by pool.

These swim lessons are unique! In addition to working on standard swim strokes such as crawl and butterfly, girls will also learn synchronized swim figures that are used in water ballet routines.

Merionette Swim Lessons are for girls who have basic swimming skills and are now ready to move beyond the Red Cross lessons they had last summer.

Classes are generally held after 5 p.m. Public transportation is available to all pools, and parents often carpool.

Anyone interested in having his or her daughter learn this exciting specialty type of swimming should contact Carol at (415) 681-1443 for fees, days and times. If no answer, leave a message.

SUMMER SOFTBALL LEAGUE FORMS

Boys, 17 years and under, should visit their neighborhood recreation center or playground to sign up for a Boys' Softball League.

Divisions are Midgets - 11 years and under; Juniors - 13 years and under; Intermediates - 15 years and under, and Seniors - 17 years and under.

For more information, call San Francisco Recreation and Park Department at 558-4056.

SAT., JULY 2: Adult Rhythm and Motion, a unique aerobic dance exercise workout choreographed to music, fee, Glen Park Recreation Center, Bosworth Street & O'Shaughnessy Boulevard. 10:30 - 11:30 a.m.

Free Plant Walks, Strybing Arboretum Society meets at the Strybing Store, 9th Avenue & Lincoln Way, Golden Gate Park. 10:30 - 11:30 a.m.

Gospel Concert sponsored by the Voice of Pentecost Church, Bandshell, Golden Gate Park. Noon - 3 p.m.

Shakespeare in the Park through Monday, July 4, free, sunken meadow behind the DeYoung Museum, opposite the Rose Garden on Kennedy Drive, Golden Gate Park. 2 p.m.

SAT., JULY 3: Delta Music Makers from Delta, B.C. Canada in conjunction with the Golden Gate Park Band, Bandshell, Golden Gate Park. 12:30 p.m.

Concert in the Grove will feature the "Midsummer Mozart Festival Orchestra," free, Sigmund Stern Grove, 19th Avenue & Sloat Boulevard. 2 p.m.

MON., JULY 4: Visit the Japanese Tea Garden, free, Golden Gate Park.

Visit the Conservatory of Flowers, free, John F. Kennedy Drive, Golden Gate Park.

TUES., JULY 5: Latch Key Program, 6-12 years, registration required, fee. Joseph Lee Recreation Center, Oakdale & Mendell Streets. 9 a.m. - 5:30 p.m.

Storytime, 2-5 years, Laurel Hill Playground, Euclid & Collins Streets. 2:30 - 3:30 p.m.

San Francisco Pro-Am Basketball, Peps Gold vs Dutra Appraisal, Potrero Recreation Center, 22nd & Arkansas Streets. 8 p.m.

WED., JULY 6: Tiny Tots, 4-5 years, fee, Crocker Amazon Playground, Geneva Avenue & Moscow Streets. 10 - 11:30 a.m.

Simple Arts & Crafts, 5-12 years, Bernal Heights Recreation Center, Moultrie Street & Jarboe Avenue. 10 - 11:30 a.m.

THURS. JULY 7: Make-A-Circus, Youngblood Coleman Playground, Galvez & Mendell Streets. Noon

Festival of Performing Arts in Honor of Senior Citizens, program will feature Jose Luis Orozco, Jim Hamilton and Filipiniano Dance Troupe, free, Bandshell, Golden Gate Park. 1 - 3 p.m.

FRI., JULY 8: Children's Cooking Class, 8-12 years, Herz Playground, Visitacion Avenue and Hahn Streets. 11 a.m. - Noon

Arts & Crafts, 12 years & under, Merced Heights Playground, Byxbee & Shields Streets. 2 - 3 p.m.

VISITACION VALLEY ELEMENTARY SCHOOLYARD 55 Schwerin Street, San Francisco, CA

Summer Hours: Mondays - Saturday: 11:00 - 5:00

San Francisco Recreation & Park Staff
Karen Murray, Recreation Director

ACTIVITY*

Reading and Arts Club
Hot Lunch
Baseball Practice
Youth Volleyball (Coed: ages 13 and under)

Youth Volleyball (Coed: ages 13 and under)
Hot Lunch
Kickball Practice (ages 11 and under)
Youth Basketball League

Youth Volleyball (Coed: ages 13 and under)
Hot Lunch
Kickball Practice (ages 11 and under)
Fine Arts Class. Taught by Mr. Robert Hauss.
(Sketching and Drawing)

Field Trip/Outing Day [fee will vary]. Please check with the director for further information.

Arts and Crafts
Hot Lunch
Baseball Practice
Youth Volleyball (Coed: ages 13 and under)

Cooking Class (15 and under) [fee]
Intermediate Volleyball (ages 14 and up)
Coed Basketball



DAY

Monday

TIME

11:00 - 12:00
12:00 - 1:00
1:00 - 1:30
3:30 - 4:45

ACTIVITY*

Reading and Arts Club
Hot Lunch
Baseball Practice
Youth Volleyball (Coed: ages 13 and under)

Tuesday

11:00 - 12:00
12:00 - 1:00
1:00 - 3:00
3:30 - 4:45

Youth Volleyball (Coed: ages 13 and under)
Hot Lunch
Kickball Practice (ages 11 and under)
Youth Basketball League

Wednesday

11:00 - 12:00
12:00 - 1:00
1:00 - 3:30
3:30 - 5:00

Youth Volleyball (Coed: ages 13 and under)
Hot Lunch
Kickball Practice (ages 11 and under)
Fine Arts Class. Taught by Mr. Robert Hauss.
(Sketching and Drawing)

Thursday

11:00 - 5:00

Field Trip/Outing Day [fee will vary]. Please check with the director for further information.

Friday

11:00 - 11:45
12:00 - 1:00
1:00 - 3:30
3:30 - 4:45

Arts and Crafts
Hot Lunch
Baseball Practice
Youth Volleyball (Coed: ages 13 and under)

Saturday

11:00 - 1:00
1:15 - 3:00
3:00 - 4:45

Cooking Class (15 and under) [fee]
Intermediate Volleyball (ages 14 and up)
Coed Basketball

Finding a good reason to "Say No" to drugs

"We'll just say NO!" answered a young boy in 1986 when asked, "What would you do if someone offered you drugs?" The boy's reply sparked an idea in the head of Cynthia Harris, founder of the "Just Say NO" Clubs. She started an organization which is gaining more popularity among young people every day.

**Just
say no**

The movement attracted the First Lady, Nancy Reagan, who became the honorary chairwoman and has been a strong celebrity spokesperson to the program. The cornerstone of the "Just Say NO" program is the technique which helps young members resist peer pressure. By rehearsing the "3 Steps" in the safety of Club meetings and with the support and encouragement of fellow Club members and their older advisers, young people gain confidence and do say "NO" in real life situations.

Kids are asked to do lots of things by their peers in school, on the playground and on the streets. The "3

"Steps" recommended by the "Just Say No" program are:

1. Figure out if what your friend wants to do is OK
2. If it is wrong, say NO
3. Suggest other things to do instead

That sounds pretty simple, but it's not easy for kids to be different and say no to trends which their friends are following. "Just Say No" Clubs counsel young people in a five-session sequence of activities which examine peer pressure and teach the children to appreciate others. Locally, Geneva Terrace residents, Mr. and Mrs. Godfrey have formed a "Just Say No" of 50 members, ages 8-10 years. As parents of six children, ages 6 to 23, the Godfreys feel a sense of responsibility to their community as well as their children to save them from a drug dependent future.

The children in the Godfrey's program have meetings every other week. Wear "Just Say No" t-shirts and generally have a great time with each other and in community activities such as the Visitacion Valley Parade and Street Fair in which they participated in May.

Call Mr. or Mrs. Godfrey at 586-0860 if you want more information about the "Just Say No" program or want to join the fun.

CALENDAR

Heartsaver CPR classes teach what the cardiovascular risk factors are and how to maintain heart health. The 3 1/2 hour class also explains how to recognize the signs of a heart attack and what to do if someone near you has one. Specifically, the participants learn single person CPR (cardiopulmonary resuscitation), the technique that can save a heart and a life. July 6, 9, 12, 14, 16, 17, 20, 23, 27.

Stroke Club is an active self-help group which meets once a month for lectures and discussions on stroke and other topics of interest. It offers a forum where people who have survived strokes can discuss their disabilities and their recovery with each other. There is no charge for participation. July 6.

July 12 Heartsaver CPR Class - French Health Plan, 4131 Geary Blvd. 6:00-9:30 p.m. Call 589-2900, Ext. 254 for reservations. \$2.00 fee.

July 16 Heartsaver CPR Class - District Health Center #3, 1525 Silver Ave. 9 am-12:30 pm. Call 468-1588 for reservations. \$3.00 fee.

July 27 Heartsaver CPR Class - St. Luke's Hospital, 3555 Army St. 9 am-12:30 pm. Call 641-6605 for reservations. \$5.00 fee.

July 14th at 6:00p.m. the Visitacion Valley Merchants Association meets at the Community Center.

July 13th at 7:00p.m. Little Hollywood Improvement Association meets at the Korean Presbyterian Church, 120 Lathrop Ave.

July 29th at 7:30p.m. Improvement Association meets at V.V.C.C.

July 8th at 1 p.m.-5 p.m. VVCC Family School Open House, at 325 Leland Ave. Everyone is welcome.

August 2nd at 6 p.m. -7 p.m. Belly Dancing classes begin at VVCC 50 Raymond Ave.

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Visitacion Valley Community Center

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- * Family School Program
- * Youth Program
- * Community Garden
- * Food Distribution
- * Theatre Works
- * Senior Activities

SUNDAY BINGO

15 regular games with \$200 prizes

7 special games with \$250 prizes

Doors open at 12 noon

Games start at 2 p.m.

FREE MARKERS AVAILABLE TO ALL NEW PLAYERS

Esteem,

from page 1

The struggle for a good education seems out of reach, as does the prospect of a job to be proud of.

The idea of having a child is unfortunately becoming more and more attractive to very young women. But with few skills and little support, the huge responsibility of caring for a new child soon catches up to them.

Dropping out of school and getting caught in the vicious cycle of Welfare, sometimes for a lifetime, becomes very real.

Cuddling a sweet, little baby doll is what many young moms think having an infant will be like, but they're rudely awakened when reality sets in.

Caring for a child and trying to find the resources for food, clothing, shelter and medical expenses is painfully tiring for a teenaged mom. She gets so burnt out, she often just ends up sitting around the

house all day, it's hardy the peaceful, loving life she pictured.

And because of the prevalent use of crack cocaine, more and more young mothers are giving birth to coke-addicted babies who, if they manage to survive birth, continue to be sickly throughout their infancies.

*"When a girl is clear
she doesn't want to get
pregnant, she takes
precautions."*

"We see young mothers come in here who are totally overwhelmed," said Jacki Wasserman, a nurse practitioner at Maxicare, a healthcare provider in Visitacion Valley.

"There's a lot of conflict," she continued. "They have ideas about how they want to raise their kids, but many still live at

home with their parents, and their parents have other ideas."

Wasserman is observing that childbearing isn't a accident with most young mothers.

"When a girl is clear she doesn't want to get pregnant, she takes precautions," said Wasserman. "It's when they don't really care about themselves, they get pregnant."

Summer Options

For the young women of Visitacion Valley there are alternatives though. Become involved in the community, for starters.

This summer young women can participate in Jr. San Francisco Alive neighborhood programs like activities at the library or contact the city's Volunteer Center for a million volunteer opportunities.

For information on joining Junior San Francisco Alive and sprucing up the neighborhood call Anne Kaartunen at 239-1069.

And on a city-wide level, the Volunteer Center directs volunteers to city museums that need help providing information to visitors or selling items from their gift shops; the Special Olympics needs volunteers to train disabled athletes; the SPCA needs helpers to take animals to housebound people; Alcatraz Island needs gardeners; and hundreds of non-profit organizations will teach volunteers how to use computers and the like in exchange for help with office projects. For more information, the Volunteer Center's telephone number is 982-8999.

Birth Control, Where to Get It

Birth control information is generally available through schools, but during the summer, young women can turn to these local agencies for free or low cost information and birth control.

Lite Bites

Planning for a summer party or barbecue? Tired of the traditional appetizers like nachos, mini-quiches, stuffed mushrooms, cold cuts and chips and dips? Why not surprise your guests with a tasty alternative to these salty, high fat or high calorie hors d'oeuvres.

The American Heart Association recently has published "Lite" Bites: Heart-Healthy Hors d'oeuvre Recipes. This pamphlet presents original recipes from the "Lite-Hearted Recipe Contest" conducted by the San Francisco Chapter of the American Heart Association.

For your free copy of "Lite" Bites: Heart-Healthy Hors d'oeuvre Recipes, send a self-address stamped, business-size envelope to: American Heart Association, San Francisco Chapter, 421 Powell Street, San Francisco, Calif 94102 or call: (415)433-2273.

Grapevine Puzzler

SOLUTION NEXT ISSUE

CREATED BY ANNE KAARTUNEN

Words may overlap and letters
may be used more than once.

GRAFFITI: ART OR CRIME?

U I G R S E W L A R D T I
A N R R L T A U R R N A N
T F A C A A F F A M A G T
R O M T I V F W M U O G E
G R P I T I E A N R N I R
R M A V I R I L P O O N P
A A N E N P A N A F I G R
F T T G I W U C N N T G E
F I I N F O R M T I C O T
I O G U G R A F F I I Y A
T N L S I L E D N A V G T
I M S I L A D N A V N E I
A K Y T R E P O R P O A O
T A V I R P U B L I C T N

WORD LIST

GRAFFITI
RAMPANT
VANDALISM (OF)
PUBLIC (AND)
PRIVATE
PROPERTY
REWARD (FOR)

INFORMATION (AND)
CONVICTION
UNLAWFUL (!)
INTERPRETATION (OF)
TAGGING
INITIALS (WANTED)
UNATTRACTIVE (!)

Speaking of Health

By Jacqueline Wasserman, RN, FNP

High sugar diet equals diabetes?

It is a common belief that eating a diet high in sugar leads to diabetes. This is not true. Diabetes is caused when the body is unable to produce enough insulin, from the pancreas, to handle high levels of sugar. It is not known what causes diabetes. It is thought that some risk factors for developing diabetes are a family history, as well as advancing age, and being black or Hispanic.

There are two kinds of diabetes - insulin-dependent, Type I, meaning one needs to take insulin injections daily, and non-insulin dependent, Type II, which can be

controlled by diet alone or medication in the form of pills. It is believed that a virus may cause Type I diabetes, especially in children.

Eating a diet high in sweets does lead to obesity. When one's weight is over the normal limits, this can tax the body's ability to handle sugar. As a result, obesity may lead to diabetes. It is important then to understand that an excessive intake of any nutrient can cause the body to become out of balance. Try to limit sweets and high caloric foods, maintain a normal weight, exercise, get enough rest and this can result in being healthier overall and make you less prone to illness.



What do the stars see in your future?

Bayview Hunter's Point Youth Development Center hosts its 2nd Annual Career Day Saturday, July 9 from 11 to 2 at All Hallows School, 1601 Lane Street at Revere, San Francisco, CA 94124.

Career Day will give minority youth the opportunity to explore career options through career business/professional people, and learn what it takes to enter fields such as journalism.

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How Do Your Gardens Grow?

By Hyoka Bells



PLANT DIRECTLY:

VEGETABLES: bush beans, beets, carrots, corn, cabbage (fall & Chinese), cucumbers, radishes, salsify, head lettuce, peas, spinach and turnips.

START IN FLATS: chard, collards, kale, kohlrabi, lettuce, mustard, New Zealand spinach, radicchio, spinach, California native grasses and perennial herbs.

TRANSPLANT: basil, chard, collards, lettuce, radicchio, and rutabagas.

DIVIDE: irises after they have bloomed.

WATER: regular watering is very important this month, so water but keep in mind we are in a drought. Drip water, mulch, but DO NOT LET WATER RUN OUT OF CONTROL!

This is the time of year for vacations, and I'm off myself

for a few weeks in the mountains to see nature and the wild plants.

I hope you will be able to slip away this year. If you need someone to watch your garden for you, pick someone who is a gardener and knows how to water. It always surprises me how few people really know how to water.

Deep watering is important, especially during a drought. Most people think if you just wet the ground it is good enough. You need to wet the top six inches of soil.

If you do need to leave your garden in the hands of an inexperienced waterer, take the time to show them how to dig down to check if the water seeped deep enough, and show them the plants that need special care.

Also if you have fruit trees a slow drip is best for 2-4 hours once every two weeks.

No one waters as well as you do, but don't let that stop you from having a good time on your vacation. So 'til next month - HAPPY GARDENING! ALOHA.

Volunteers needed for Saturday activity center for older adults

San Francisco families caring for an elder suffering from Alzheimer's disease or other dementia will be able to get some additional assistance starting in July. A Saturday program of supervised activity and socialization will be available for these frail elders, allowing family members some respite or time off from their caregiving role. The Saturday Respite Center is sponsored by St. Mary's Adult Day Health Center, Catholic Charities of San Francisco and the St. Joseph's Health Service.

The Center will be open from 10:00 a.m. - 3:00 p.m. and will be located at the St. Mary's Adult Day Center, 35 Onondaga, off Alemany Blvd. The Center will operate on a sliding fee scale of \$18 - \$30 per day and transportation will be available for an extra charge to those in the general vicinity of the Center.

Volunteers are needed each Saturday to assist with arts and crafts, music and movement activities, and large and small group games.

A volunteer is also needed to accompany the van driver to help elders in and out of the van and Center. Generally volunteers will work 9:30 a.m. - 1:00 p.m. or 12 noon - 3:30 p.m.

Volunteers can expect a fun and stimulating experience with the opportunity to learn more about Alzheimers disease and relating to those experiencing it. They can also enjoy the satisfaction of knowing they are providing a much needed break to the families of these elders.

To register for the training or for more information about volunteering, call Sandi Peters at Catholic Charities 864-7400.

Families interested in having their older member with Alzheimers disease participate in the Saturday Program should call Coleman Wong at St. Mary's Adult Day Health Center 334-4000. Participants must be ambulatory and continent.

**Want to lend a hand?
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982-8990**

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WE HONOR



Gattis, from page 1

It appears that rapid urban development in San Francisco, going hand in hand with traffic problems in the city, has contributed to the difficult nursery operation on Britton Street. Gatti's six truck transportation fleet was always hard pressed for commuting and parking during business hours.

Richard Gatti allayed fears that with change of ownership and the development into a housing project, the crime rate would increase.

"On the contrary, peace and order in the area will improve as the new owners will be putting up middle class homes that would be bought and occupied by people of high moral values and social goals," Gatti said.

Gatti's high hopes for the success of the new life on the lot they used to own were further buttressed by word that the Geneva Towers will soon be torn down. The planning department at city hall refused to confirm or deny the report, but reliable GRAPEVINE sources, other than Gatti, have been inclined to believe the information.

None of the 15 full time employees of Gatti Nursery have accepted offers to work in Petaluma.

Most of new workers come from Petaluma and neighboring counties.

Steven, Richard's older son, takes care of production. David, the younger son, takes care of sales. Seventy six year old Victor is still president, and semi retired at his home in Petaluma.

Gatti Nursery has catered three types of plants to the public since 1929. These are: 1) the azaleas, the biggest crop; 2) house plants, coming in second; and 3) spring bedding plants, the third variety.

Small plants are bought from various nurseries in the Bay Area, and these seedlings are developed by the Gatti's for their own clientele.

Richard, for one, learned the system form his father and grandfather.

"I participated in a lot of horticulture seminars which enabled me to understand the business quite well," he said.

Hopefully, the friendly Italian-American atmosphere that prevailed in the area during the Gatti families 59 year stint will be continued by the new owners who, by any standard, may not be displaying the family solidarity of the Gatti's.

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